

Sello Aerobic Gymnastics Model

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Abstract

The main object of the study is to create a model of low aerobic impact, which is called the “Sello Aerobic Gymnastics Model.” The product of this study is video has packaged in a VCD (Video Cassette Disc). This study uses a research design by Borg and Gall, Research and Development (R & D). The subjects of this study are level 2 of physical education student STKIP Kusumanegara Jakarta. In the effectiveness test by this has t_{value} is smaller than t_{table} , namely 13.54 and 1.86 and H_a is accepted, meaning that the Sello Aerobic Gymnastics Model is feasible to be applied in the small group tryout and field group tryout. Conclusion of this study are Sello Aerobic Gymnastics Model can be used as a physical education student preparation in Field Experience Program (Program Pengalaman Lapangan/PPL) so that students have the provision to be applied aerobic skill and brought to school, Sello Aerobic Gymnastics Model has given new atmosphere and new gymnastics references that are suitable for beginners as a motivation and introduction of aerobics for level 1. By the results of the small group tryout, and the field group tryout can be concluded that Sello Aerobic Gymnastics Model can improve aerobic skill for physical education student.

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INTRODUCTION

The development of sports in Indonesia is progressing quite rapidly, and this can be seen from sporting events starting from the local, national, and international level. Sport has developed into a social phenomenon that is spread throughout the world. Sport has become an exercise, spectacle, education, livelihood, health, and even sport has also become a culture.

Related to the development of sports, Gymnastics which is known in Indonesian as one of the sports, is a direct translation of English or often referred to as gymnastics is an absorption of the Greek word is *Gymnos* which means naked, or Dutch word is *Gymnastiek*. According to Madijono (2008) the fundamental of gymnastics is a form of physical exercise that is systematic, orderly, and planned by doing specific movements to get used and benefit for the body. Werner (2012) says Gymnastics can be interpreted as a form of exercise on the floor or on a device designed to increase endurance, strength, flexibility, agility, coordination, and body control. It can be said gymnastic if it has the characteristics of the movement is useful to achieve goals (increase flexibility, improve attitudes and movements, increase skills, improve the beauty of motion and improve health) and the movements must be organized and systematically.

Gymnastics is a sport that can be done by anyone, from children to adults, gymnastics can be done anywhere also, such as on campus, at home, or the gym according to Ahmad (2007). Notion by Aka (2009) gymnastics is a cheap, cheerful, mass, interesting and useful sport as is the case with aerobic exercise, physical fitness exercises, cha-cha exercises, and many other rhythmic exercises. This type of gymnastics is growing rapidly in Indonesia. As according to by Mahendra (2011) explains gymnastics as follows difficulties in understanding the definition and meaning of gymnastics, then it can also be difficult for other things to arise when you want to share gymnastics into its types, this is caused by so many types which can be categorized into gymnastics, such as Si Buyung gymnastics,

women's gymnastics, baby gymnastics, heart gymnastics, physical fitness exercises.

Traetta, M. J., and Traetta, J. (2008) gymnastics so much influence for the individual when he comes to exercise with good attitude and respect. Gymnastics can be fun, exciting to give a lot of charm, and you will feel confident about yourself, and proud of the achievements you can achieve.

Aerobics is a gymnastic movement or free movement accompanied by music and elements contained in the aerobic exercise include: flexibility, continuity of movement and rhythmic accuracy, a series of rhythmic exercises can be done by walking, running, jumping, swing and rotation hand. Jonni (2003) aerobics is an exercise that is done to burn fat while improving muscle tone led by experienced instructors together and accompanied by music following the rhythm/movement. Aerobics is a cheap sport, easy to do individually and in groups, it can not be separated from gymnastics also much loved by people, children, teens, adults, old people.

Ardhana (2002) each development, of course, can choose and determine the steps that are most appropriate for him based on the special conditions faced in the development process. Therefore it can be concluded that the more appropriate gymnastics learning model chosen by lecturers, the knowledge absorbed by students will be better and they will be more skilled, which in turn can increase the value of student learning outcomes at the end of the semester and become a provision of skills for students.

Therefore the researcher intends to make a product development model of gymnastics or forms of aerobic exercise for beginners who are interesting and have a wide variety of variations so that students feel happy and motivated to learn aerobic exercises in the form of Sello Aerobic Gymnastics Model. The word of *Sello* comes from the abbreviation of *aerobics latin low impact*.

The term model can be interpreted as a graphical display, work procedures that are organized and systematic, and contain descriptive thoughts or explanation following suggestions. Harjanto (2008) The model is defined as a conceptual framework that is not

only used as a guideline or reference in carrying out activities, the basic model is used to show generic models that mean general and fundamental that serve as a starting point for further development of models in the sense of more complicated and in a newer sense.

The model can be said as something that illustrates the existence of thinking patterns. A model illustrates a whole interconnected concept. In other words, Pribadi (2010) has the notion that the model can also be seen as an effort and to concretize a theory as well as an analogy and representation of the variables contained in theory. The development of the model must also be conceptually improved so that the learning model is following the implementation of dynamic training, such as locomotor basic motion learning, with a model that suits your needs, according to Gréhaigne, Wallian, and Godbout (2010).

In general, the term model is defined as a conceptual framework that is used as a guide or reference in conducting activities/learning. So the learning model can be interpreted as a way of organizing the atmosphere of learning to achieve goals, this model will later be designed and formulated in development research to produce a product in the form of learning models.

Learning is a relatively permanent change in behavior or potential behavior as a result of reinforced experience or practice. Learning is also a form of interaction between stimulus and response. Learning is an activity or a process to gain knowledge, improve skills, improve behavior, attitudes, and strengthen personality according to Suyono, and Harianto (2003) these changes occur as a result of an experience or training, in contrast to changes that occur immediately due to reflexes or instinctive behavior.

Hamdani (2006) also revealed that learning is a change in behavior or appearance, with a series of activities. In other words, the purpose of learning activities is to change behavior, both in terms of knowledge, skills, and attitudes, even covering all aspects of the organism or person. Dimiyati, and Mudjiono (2006) changes that occur in a person are not all

learning outcomes. Changes caused by growth, development, and maturity are not a result of learning. Such as physical growth (height) is not a result of learning.

The ability obtained by someone after doing learning activities is called learning outcomes. This is consistent with Sudjana (2008) opinion that learning outcomes are abilities possessed by a person after he has received his learning experience. So it can be concluded that the change in student behavior is one of the results of learning activities that include several aspects such as cognitive aspects, affective aspects, and psychomotor aspects, and to know the learning outcomes of these students, the lecturer can make a set of test kits to measure the changes experienced by students both cognitive, affective, and psychomotor.

Gymnastics will also train walking, running, jumping, strength, balance, rhythm, and flexibility. While at first, the rhythmic gymnastics according to Haryanto, and El-Ibrahim (2012) calisthenic is kind of work out that is slow and accompanied by singing and music that is done en masse. The rhythm used is usually songs, then in its development, the rhythmic gymnastics turns into more competitive after its name changes to modern rhythmic gymnastics and then has since disappeared from the scope of physical education on campus. Also, Siswanto (2014) also concluded that the application of modeling and training techniques could improve a trainer.

However, physical education in Higher Education, especially gymnastics learning, must continue even with all of the limitations. Therefore, there must be an effort to modify the learning model, a simpler movement, without having to sacrifice physical education goals for students. Delphie (2010) the main reason why rhythmic motion is used as an approach to learning on campus is based on the main goal which states that the rhythmic movement pattern has an interest in efforts to develop the cognitive and social development potential and ability of each student to achieve his competence unanimously and intact.

METHODS

Sello Aerobic Gymnastics Model research study for physical education students in STKIP Kusumanegara is using *R&D (Research and Development)* theory by Borg and Gall (1983) the reason researchers use the theory and step Borg and Gall because it can overcome the *real needs in the here-and-now*. Through developing solutions to a problem while generating knowledge that can be used in the future, being able to produce a product/model that has high validation value, because through a series of trials in the field and validated by experts, encouraging a continuous process of product/model innovation so that it is expected there will always be a product/model that is always actual with current demands, a link between theoretical and field research.

RESULTS AND DISCUSSION

Sello Aerobic Gymnastics Model has written in the storyboard script and video recording has packaged in a VCD (Video Cassette Disc) to introducing new aerobic gymnastic

movement models systematically starting from the heating, core and cooling movements that are modified with a variation of the movement model approach and a combination of Aerobic and Latin music so that it is suitable for teenagers and beginners, with slow music beat and accordance it with low impact movements.

Planning and drafting models are made so that they can provide clear guidance and guidance in the implementation of research later in learning, planning and preparation of learning models are the factors that determine the success of a program. In connection with that, the Sello Aerobic Gymnastics Model that will be arranged in the form of modifications and creativity in the form of the Sello Aerobics Gymnastics Model to increase aerobic motion that will be made and developed in the form of several new learning model movements. The model that the researcher created after being evaluated by an expert, then underwent a revised stage I.

The data obtained is used as a basis for revising the next step, which is the testing phase II.

Table 1. Comparison Between Conventional Aerobic and Sello Aerobics Gymnastics Model

Conventional aerobic	Psychomotor assessment aspects	Sello aerobics gymnastics model
60.00	Memorize	80.00
65.33	Motion perfection	76.67
60.00	Suitability between motion dan <i>beat</i>	70.67
58.67	Endurance	71.33
61.00	Mean	76.67

Based on the table, it can be concluded that there are significant differences (can be generalized), where the Sello Aerobics Gymnastics Model better than the old (conventional) aerobic.

After the results of the product development of the Sello Aerobics Gymnastics Model are tested on a *small group tryout* have been revised, the next step is to conduct a *field group tryout*. Based on the results of limited trials *small group tryout* that has been evaluated by experts, the researchers then revised the first products and obtained movement and music updates that will be used *field group tryout*.

Based on the results of *field group tryout* conducted a score of 236 from a maximum score

of 264 or with an average percentage of the results of using the model at 89% so that the use of the whole model in this development can be categorized as valid and suitable for use in the development of the Sello Aerobics Gymnastics Model.

The next step after the model is getting revision phase II from the experts, then proceed with the product trial to a *field group tryout* a sample using 64 samples and trying in the field.

Based on the psychomotor score table above, it was found that students who received grades ≥ 80 (very good) were 56 people and grades 60-79 (good) were five people, and three people were declared Not Pass. Thus it can be

concluded that the Sello aerobic exercise model has been successful.

Tabel 2. Degree of Graduation and Mastery of Sello Aerobics Gymnastics Model

Value	Category	Signification	Total
≥ 80	Excellence	Granted	56
60-79	Good	Granted	5
30-59	Low	No granted	3
30-39	Minus	No granted	0
< 29	Bad	No granted	0

CONCLUSION

The Sello Aerobics Gymnastics Model can introduce and increase aerobic skill for the beginner. Physical Education Students has provision when placed in the PPL (Field Practice Program), with the Sello Aerobics Gymnastics Model, students have aerobic gymnastic skills. By the Sello aerobics gymnastics model, every student can learn effectively, efficiently, more motivated, and active in learning the fundamental of aerobic gymnastics.

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